

The Campus Herald

December 9, 2009

Vol. LIV, No. 7

Why Can't I Get The Classes I Want During The Times That I Like?

Derek Lavoie
COMMUNICATIONS COORDINATOR
FOR STUDENT
ACADEMIC & FINANCIAL SERVICES

It's a tough reality to accept, but you're not always going to get the classes you want, at the times you want. This is a universal challenge for college students, but it's important to know that it's not always going to be like that. Some terms you'll get the classes you want during the times you want and other terms you may not; however, you can always count on getting the courses you need in order to progress towards completing degree requirements. Generally, students who have completed more courses and credits get to register before other students (since they should be graduating sooner). So, keep in mind, as you progress at the university, eventually you'll be among the first students to register.

The fact is not all classes are offered each term or during all time periods. Logistically, determining which courses will be offered each term and at what times is a complex process involving the various Dean's offices and Student Academic Services. A few of the considerations that guide the decision making process include availability of faculty, classroom space, and the number of enrolled students in each major. It is challenging to maintain a balance between student needs and logistical considerations. Continually, though, the university seeks student feedback and considers how to leverage new technology to maximize course offerings that satisfy the needs of the overall student body.

So what are some things you can do to make web registration easier? In addition to the following pointers, don't wait to seek help during web registration. Standard office hours for Student Academic Services are Monday-Thursday, 8:30am-6pm, Friday 8:30am-4:30pm. Also, please look for available web tutorials in uconnect and when viewing your audit or planner (pay attention to all menu and help link choices).

1. Know what courses and requirements you need to take.
- Don't assume your requirements are the same as a classmate's or friend's - require-

ments are individual to you based on year in school and program of study.

- Your requirements can be found in uconnect under degree audit. If you need clarification, contact or speak with an academic counselor (in Student Academic Services).
- 2. After conducting a course search, on the results page, click the CRN link before proceeding.

- As applicable, there may be special directions and you can then review all restrictions and prerequisites and corequisites.

- A prerequisite is a course or requirement that you must successfully complete prior to registering a class (example, you need to complete ECON1001, Macroeconomics, before you can register ECON2002, Microeconomics).

- A corequisite is a course you need to register together with another course or courses (example: baking and culinary labs).

- Restrictions may be placed on a course or a specific section of course based on major or class (i.e. senior status required).

3. Know which terms courses are offered.

- Each year, the university updates a spreadsheet of course projections, listing the terms each course is expected to be offered. Access these projections at www.jwu.edu/planners.

4. Have a number of backup choices.

- There are a limited number of seats available in each course section; at some point, you will try to register for a course that has become filled.

- You are encouraged to add yourself to a course's wait list, if available (not all courses have this option though).

- If you add yourself to a waitlist, you will be notified if a seat opens, which will be held exclusively for you; however, be sure to register for a backup course just in case a spot does not open in up in a course you waitlisted.

5. Use the course planner in uconnect to help outline when and what courses to register.

- On the Registration menu, select Degree Audit & Planner and follow instructions.

- Your planner, or educational guide, recommends when and in what order to register courses.

- Move some courses around and customize your plan, but remember not all courses run each term and some courses have prerequisite courses you must complete first.



Students registering for classes online.

- If customizing your plan, we encourage you to meet with an academic counselor in Student Academic Services to verify your options.

Lastly, the following reminders are important, too.

Take your time and read the on-screen instructions in uconnect, especially Help links which contain additional information.

If uconnect is slow or freezes, phone or e-mail the HelpDesk (598-HELP, helpdesk@ju.edu); please note that the university periodically reviews ways to improve and prevent slow system performance.

Determine your registration start date for a term (i.e. the day you can begin registering). In uconnect, select Registration and then View Registration Start Date & Status.

You can register for classes up until classes start and through the add/drop period (in uconnect, select the Registration menu and then Add/Drop Classes); however, we recommend that you register as close to your start date as possible to avoid unnecessary course cancellations and to avoid delays at the start of the term.

Check to see if you have holds (in uconnect, select Student Records and then View Holds). Holds will prevent you from being able to add or drop classes.

There are different types of elective requirements - review your degree audit to confirm what type of elective you need to

register.

Review payment deadlines (in uconnect, refer to the Registration menu). Failure to establish or maintain an up-to-date payment plan could mean your schedule will be deleted (and made available to other students).

After you have registered, review your degree audit to make sure you have registered for the correct courses. Also, remember that community service is a graduation requirement. If you have not completed it, visit the community service office (5th floor of the John Hazen White Center) during the first two weeks of a term to register this requirement.

Nightly system maintenance is performed on uconnect, so you cannot register during the late night hours, which are generally 2am-5am (this is a reason why registration start times don't start until 6am).

Check your JWU e-mail account frequently. It's the primary form of communication and the university will utilize it to send official notifications and reminders.

As always, please remember that help is available in Student Academic Services! Can't find a class you need? Having trouble finalizing your schedule? Make an appointment, visit us on a walk-in basis, phone us at 598-1088 or e-mail sas.pvd@ju.edu - whichever way works for you, works for us.

HIV Awareness 365

MELANY C. TROMBA, Psy.D.
LICENSED CLINICAL PSYCHOLOGIST

Adolescents and young adults ages 13-29 are the age group most at risk of being infected with HIV—the virus that causes AIDS. On average, someone in the United States is infected with HIV every 9.5 minutes, according to the Centers for Disease Control and Prevention (CDC). If these statistics don't get your attention, perhaps this fact will: AIDS does not discriminate. It knows no gender, age, race, creed, or sexual orientation.

December 1, 2009 marked the 21st annual World AIDS Day—a day to increase awareness and vigilance about HIV and AIDS. World AIDS Day only occurs once a year, but we must pay attention for 365 days a year. AIDS is transmitted by risky behaviors and can be prevented by modifying these behaviors. Are you protecting yourself?

Consider these three simple steps:

Combat stigma. AIDS related stigma refers to prejudice, discounting, discrediting, and discrimination directed at people with HIV, AIDS, or at those who are perceived to have the disease. This stigma creates barriers to prevention, testing, and medical care. For those living with HIV and AIDS the stigma contributes to depression, shame, and isolation. Information is a powerful antidote for stigma. Together we can fight HIV stigma by breaking the silence around HIV/AIDS; challenging attitudes, beliefs, and behaviors that contribute to the stigma; learning how to respond to someone who discloses his or her HIV status with care and compassion; taking responsibility for your health and prevention of HIV; and staying informed about how to protect yourself from HIV.

Understand the importance of HIV testing. The CDC recommends that high-risk individuals be tested routinely (at least once a year or more) for HIV infection.

Risk behaviors include one or more of the following: (1) use of injected drugs or steroids or shared equipment (such as needles, syringes, etc.) with others; (2) having unprotected vaginal, anal, or oral sex, multiple partners, or anonymous partners; (3) exchanging sex for drugs or money/disease; (4) being diagnosed with or treated for hepatitis, tuberculosis, or a sexually transmitted disease; (5) having unprotected sex with anyone who falls into an abovementioned category or with someone whose history is unknown to you.

Enhance prevention. Get tested and know your HIV status so you can continue to take steps toward prevention. HIV testing may be confidential or anonymous. With confidential testing, a person's name is recorded with his or her test result. With anonymous testing, no name is used. All states offer confidential testing, but not all offer anonymous testing. Rhode Island offers both confidential and anonymous testing. To locate an HIV or STD test-

ing site near you, text your zip code to KNOWIT (566948). You can also visit the Act Against AIDS website at <http://www.nineandahalfminutes.org> or contact the Student Counseling Center (SCC) at 401-598-1016. The SCC can provide information about local testing sites and the types of tests available.

If, after testing, you find out that you have HIV, you can take steps to protect your health as well as the health of your partner(s). You can also seek medical care that can reduce the impact of HIV on your health, significantly increase your lifespan, and improve your quality of life.

Talk to all new sexual partners about your sexual history and discuss safer sex practices (i.e., wearing a condom, using a dental dam, practicing mutual monogamy, etc.).

Continued on page 8, "If"

The Campus Herald

EDITOR-IN-CHIEF

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

CHAD WESTLEIGH
ADVERTISING/BUSINESS MANAGER

CONTACT INFORMATION

CBCSI, 3rd Floor
232 Weybosset Street
Providence, RI 02903

Main Line.....401-598-2867
Advertising.....401-598-1489
Fax.....401-598-1171
E-mail.....campusherald@jwu.edu

STEPHANIE LYMAN
SPORTS EDITOR

ADAM LOMBARD
WEBMASTER

The Campus Herald welcomes all content suggestions and feedback. If you feel we are not covering a specific organization, event or subject, please e-mail or call us with information about the organization or event.

Letters to the Editor, columns and editorial cartoons are written by individuals and represent the opinion of the author, not necessarily that of the newspaper. Electronic submissions are encouraged and should be sent to campusherald@jwu.edu. Letters, columns and cartoons must bear the authors' signatures, addresses and phone numbers. Unsigned or anonymous letters will not be accepted. The Campus Herald reserves the right to edit or condense letters; shorter letters will be given higher priority.

One copy of The Campus Herald may be picked up for free at any newsstand. Unauthorized removal of multiple copies is considered theft and will be reported to Safety & Security.

All original material appearing in The Campus Herald is the sole property of The Campus Herald and cannot be reprinted without the explicit consent of the Editor-in-Chief.

The Campus Herald is not a legally or financially autonomous corporation, and Johnson & Wales University is the sole publisher and is ultimately responsible for content appearing in The Campus Herald. The Campus Herald is proud to be a member of the Associated Collegiate Press.

**ASSOCIATED
COLLEGIATE
PRESS**



DATE & TIME TYPE & LOCATION DESCRIPTION

Wednesday 11/04/09 at 1:40 pm
Arrest / Off Campus Inactive student arrested and charged with assault and obstructing an officer on 10/30/09
Thursday 11/05/09 at 5:30 pm
Robbery / Off Campus
Manton Avenue, Providence Student robbed and assaulted while walking near the Stop & Shop on 10/30/09.
Friday 11/06/09 at 12:15 AM
Assault / Off Campus
Pine St. and Garnet St.

The suspect is described as a heavy-set dark skinned male, approximately 20 – 30 years of age, wearing a grey shirt and blue jeans. The suspect's vehicle was described as a Toyota Corolla, either white or light gray in color.

A witness to the incident related that a student, who had been drinking prior to the incident, started an exchange of words with the suspect. This led to an exchange of shoving and punching. The suspect then went into the trunk of a nearby car, removed a baseball bat, and struck the student in the head, grazing his ear. The suspect then got into the car and fled the scene driving west on Pine Street.

Sunday, 11/08/09 3:30 pm
Robbery / Off Campus
Columbia Park

The suspect was described as a Hispanic male, about 18 to 20 years old, wearing a grey sweatshirt, blue pants and 1 black glove. He was last seen riding the custom BMX red and black bicycle with a red seat.

A student reported his bicycle was stolen from him on. The subject displayed a knife handle to the student and then took his bicycle. The student chased the subject and pushed the subject off his bicycle. The subject then displayed the blade of a knife and the student ran towards campus.

Sunday, 11/08/09, 9:20 pm
Arrest, East Hall Student arrested and charged with assault.

Sunday, 11/08/09, 10:40 pm
Arrest, South Hall Student arrested and charged with a narcotics violation

Tuesday, 11/17/09, 6:50 pm
Robbery / Off Campus
Columbia Park

The victim described the suspects as approximately 5'4" in height, approximately 17 – 18 years of age, both wearing black ski masks and hooded sweatshirts.

A male commuter student reported that while walking he was approached from behind by two individuals wearing black ski masks. The student swung a bag at the subjects and one of the subjects punched him in the stomach causing him to drop his bag. The student fled the area.

Crime Prevention Tips:

Avoid the weighed down look. juggling too many package may make you appear to be a target for robbery or theft.
If item must be left in a vehicle, store them out of sight.

Put your cash, credit cards, and travelers checks in an inside coat pocket or other concealed pockets.

If you have any further information regarding these incidents please contact the Crime Prevention Unit. All calls are confidential.
(401) 598-2947

We Want You In Our Sheets

The Campus
Herald is
recruiting staff
writers for the
2009–2010
school year.

To join us, e-mail
campusherald@
jwu.edu.

Festival of Lights Cancelled

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

Due to poor weather reports that all indicate rainy conditions for Wednesday, the University has decided to cancel the Festival of Lights. The University is not rescheduling at this point and will hope to begin this tradition next year. Johnson & Wales University appologizes and is regretful of the inconvenience caused to both students and faculty alike.



Holiday Parking Notice



Are you leaving your vehicle on campus during the holiday shutdown?

You must park in the F lot at the Harborside Campus.

This includes all vehicles from Harborview and Renaissance Halls.
Students with Cove permits may leave their vehicles inside the garage.



Ring In the New Year

JENNIFER ROLFSEMA
STAFF MEMBER

After all the feasting from holiday get-togethers ends, thoughts turn to the upcoming new year. An annual question is offered in a "resolution" for 2010. A common answer, weight loss as a personal goal. The gym fills up, and finding an available treadmill becomes a challenge.

It's still cold outside. Besides looking at fitness and exercise routines an alternative or combined solution, look at your diet and nutritional needs. Consider the types of food you are eating and portion size. I'm not saying to start counting calories, but even keeping a food journal might be helpful while thinking about your relationship with food. Learn to appreciate vegetables, and enjoy fresh fruit or try different combinations of salad. Sometimes I'll add nuts or dried fruit, meat or tofu to a salad, offerings usually available at the salad bar. Think about the different menu options available.

Instead of fries, try a baked potato with chives. Instead of ice cream, try sorbet or frozen yogurt. These small choices make a difference to our dining lifestyle and habits. Realizing the time it does take just to burn off 100 at the gym, I'm less likely to have that second cookie and find myself drinking a lot more water. Try to avoid consuming processed and fast food and think about good ol' home cookin' as part of your regular diet.

You don't have to be a culinary major to try a new recipe or give a call back home for ideas of what to cook on a Friday night. You could even ask a culinary classmate for some advice if you're struggling in the kitchen. It might be a chance to get some friends together or have a dinner pot-luck party. This doesn't always help when you're trying to cutback on those deserts, but it does help with the #1 New Year's resolution according to About.com: Spend more time with family and friends!

twitter /campusherald
Follow us for breaking news updates.

A Broken Link in the Chain

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

Think about what chains look like; each link is exactly the same as the one on either side of it. It should be sturdy and reliable, helping to do its job and remain uniform with the other links. In a perfect world, chain restaurants should be exactly like that as well. Each should have the same kinds of food choices, portion size, amenities, and above all, rules of service as each of its other locations. However, the world is not perfect and each chain has a weak link or two. Dave & Busters, located at 40 Providence Place (right next to the movie theater), is that weak link.

Having lived in and visited several different states over the course of my mere 22 years of existence, I don't recall ever being so disappointed with any other chain the way I am with the D&B of Providence. While the servers look the same as those in any other locations and the menu items are called the same, this is where the similarities come to a screeching halt.

Each time I come in, the wait gets longer and longer, even though someone has called ahead to let the staff know that our group plans to dine on a specific evening. In addition, the portion size is extremely inconsistent and is not worth the prices being asked. Also, the service (and maybe the intelligence capacity) of the servers has been on a steady decline as well. In my most recent time there, myself and a group of friends decided to stop in, 5 people in

total. Our waitress, who will remain anonymous, most likely assessed the situation of 5 college kids at her table, and assumed that she was not going to get a good tip, so she sneakily added the automatic "large party gratuity" of 18% to our bill, probably thinking that no one would notice. The menu clearly states that a large party is considered 8 or more people. I didn't notice the 3 extra people at our table, they must have pulled a chew and screw. However, I did notice the extra 18% addition. She even took the liberty to come and tell us not to worry about the tip because it was already factored in when she brought out the check. Since when is Providence anywhere near the same level as New York City (No offense)? Only there have I seen a large party to sometimes be considered 6 or more, but those situations are sparse, and there were only 5 people in our party.

We took our bill and a few words to the manager at the end of the night to be ad-



justed. Seeing as this was clearly a difficult task for them to do correctly even one time, Dave & Buster's can rest assured now knowing that they will never have to deal with the stress of our party of five again.

FROM THE KITCHEN OF SAMANTHA KRIVOROT

Gingerbread Boys and Girls

Ingredients:

For the cookies:

3/4 cup packed dark brown sugar
1 stick salted butter, softened
2 large eggs
1/4 cup molasses
3 3/4 cups all-purpose flour, plus more for dusting work surface
2 teaspoons ground ginger
1 1/2 teaspoons baking soda
1/2 teaspoon ground cinnamon
1/2 teaspoon freshly grated nutmeg
1/2 teaspoon salt

For the icing:

1 cup confectioners' sugar, sifted
1 to 2 tablespoons milk
Red and green food coloring, as desired
Assorted sprinkles, as desired

Method of Preparation:

1. Using a mixer on low speed, cream the brown sugar and butter in a large bowl until thoroughly combined. Mix in the eggs and molasses.
2. Sift together the flour, ginger, baking soda, cinnamon, nutmeg and salt in another bowl. Add the dry ingredients to the butter mixture and mix with a spoon. Wrap the dough in plastic wrap; place in the refrigerator until firm, about 1 hour.
3. Preheat the oven to 350. Let the dough sit at room temperature for about 15 minutes, until pliable. Line 1 or more cookie sheets with parchment paper. Take about 1/2 cup dough at a time and roll on a floured surface until - to 1/4-inch thick. Cut out shapes with 5-by-3-inch gingerbread boy and girl cookie cutters. (Re-roll the scraps.) Us-

ing a spatula, transfer the cookies to the prepared cookie sheets, leaving space between them. Refrigerate the cookies for 20 minutes, then bake until they just begin to brown at the edges, 18 to 20 minutes. Cool slightly, then remove to a wire rack to cool completely.

4. Meanwhile, make the icing: Combine the confectioners' sugar and milk in a bowl. Leave white or divide among bowls and add food coloring. Decorate cookies with icing; use a pastry bag to pipe eyes, mouths, buttons and bow ties. Top with sprinkles.

*Makes 18-20 cookies

Recipe appears courtesy of Paula Deen

Are you a foodie?

The Campus Herald needs food writers.

Book scholarships and other benefits are available to dedicated members of our staff.

E-mail campusherald@jwu.edu to join.

Off to the Movies...

Winter Movie Line-up 09-10

Movies	Thursdays	Sundays
District 9	12/3/09	12/6/09
The Informant	12/10/09	12/13/09
Saw VI	1/7/10	1/10/10
Michael Jackson's This Is It	1/14/10	1/17/10
Zombieland	1/21/10	1/24/10
Couple's Retreat	1/28/10	1/31/10
Precious: Based on the Novel Push By Sapphire	2/4/10	2/7/10
Where the Wild Things Are	2/11/10	2/14/10
New Moon	2/18/10	2/21/10

Thursday films are shown at HRC at 9pm
 Sunday Films are shown at Xavier Auditorium at 1pm
 Questions Contact UIB @ 401-598-2917

Sponsored by:

JWU

University Involvement Board
 "We're the Fun People"



Trip to New York City Sat, December 12th

Hosted by UIB
 401.598.2917

Bus Leaves From HRC @ 7 a.m.

Bus Leaves From Gaebe Commons @ 7:15 a.m.

Bus Departs From NYC @ 7:15 p.m.

limit of 2 tickets per JWU ID

Tickets on sale for \$20 as of 12/2
@ Office of Student Activities HRC and CBSCI

twitter /campusherald

Johnson & Wales University
Formal Sorority Recruitment

*Find Where You
Shine*

December 9th - 13th, 2009

ΑΣΤ ΦΣΣ ΣΔΤ ΣΣΣ

"From the outside looking in, you can never understand it. From the inside looking out, you can never explain it."

Wednesday, December 9th - Registration Night

6pm-10pm at Pepsi Forum

Must bring a copy of your transcript

Thursday, December 10th - Kickoff Night

6pm at Xavier Auditorium

December 11th-13th - Recruitment Weekend

Questions?

Join the Facebook Group

"Panhellenic Formal Sorority Recruitment 2009"

Jessica Rumsey

845.803.0570

JLR896

JOHNSON & WALES UNIVERSITY
**FRATERNITY
RECRUITMENT
2009**

DECEMBER 6TH-9TH

Do you have what it takes?

winter recruitment schedule

Sunday December 6th

4-8pm football and wings with IFC
McFaddens restaurant, pine st.

Monday December 7th

7-10pm IFC information night
Xavier Auditorium

Tuesday december 8th

7-11pm casino night with ifc
pepsi forum

wednesday december 9th

7-10pm ifc hangout
harborside rec center 2nd floor

**"IN BROTHERHOOD...
...there is strength".**

any questions? contact rush president: bobby welch at rpw930@students.jwu.edu

Do You Have the Rent?

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

Tuesday, November 17th

kicked off the 6 day time period in which Rent was holding performances at the Providence Performing Arts Center. Starring Adam Pascal (Roger Davis) and Anthony Rapp (Mark Cohen), both original cast members, Rent tells the story

of a group of friends who live in an apartment building in a poor section of New York City.

Benny, Mark and Roger's former roommate, has recently come

into some wealth from his father-in-law, and bought the entire building that Mark and Roger live in, and the accompanying right

an unhappy Benny hears of such news, he tries to make a deal with Mark and Roger. If they can stop the performance, they can continue to live in the building

virus.

This is the second time I've seen this, and I must say that it gets better every time. The actors were spectacular on stage, and well deserving of the loud cheers, hoots, and hollers that the audi-

raises money for AIDS research. The actors were also found outside of the theater holding donation boxes. Also autographed copies of Rent playbooks (\$20) and posters (\$100) were available for purchase, and proceeds went



The cast of RENT
© Joan Marcus 2009



The cast of RENT
© Joan Marcus 2009

next door that's filled with homeless people. In an effort to protest, Mark's former girlfriend Maureen schedules a performance at Midnight on Christmas Eve. When

rent-free. Roger meets Mimi and as the performance goes on, love stories begin and end sadly, as many of the characters are plagued with the AIDS

ence gave them. After the performance was over, the actors came back on stage on spoke about their work with a foundation that

towards AIDS research.

Mixed Reviews for New Moon

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

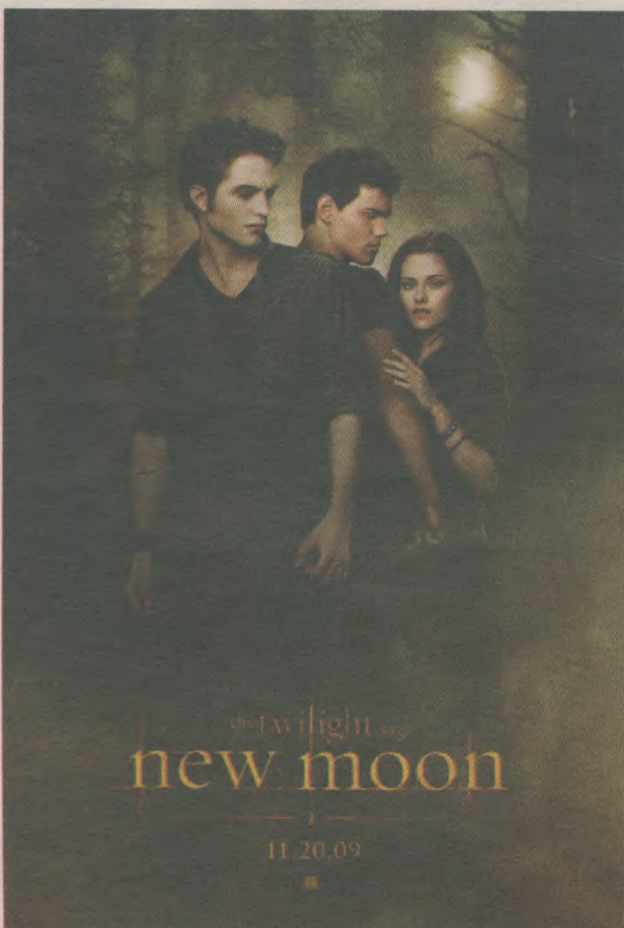
New Moon, directed by Chris Weitz, is the second film installment of the Twilight Saga. It hit theaters on November 20th, and movie ticket sales were sky high during its opening weekend. Sales slowed down drastically during the second week as expected, but the film managed to rake in an impressive \$230.7 million in its first 10 days, according to IMDB.

I was hearing the usual "this isn't going to be that great in comparison to the book" speech from all of my friends prior to the release, but I was still very much excited to sink my teeth into the new vampire flick. There's no real way to test if a movie will be good or not other than to go to see it for yourself, so I did just that.

However, I was not one of the frenzied fans that came to the midnight showing, and I'm quite happy for several reasons. I would not have enjoyed being amongst the madness of about 500 underage girls screaming for Robert Pattinson and Taylor Lautner, for one. In fact, there were only two other lonely people besides my guest and I, and they each sat by themselves in remote sections of the theater. Also, I'm sorry to say this, but I was almost waiting for the movie to end about midway through; I felt like I was sitting uncomfortably

had finished.

The graphics and special effects were pretty good, especially when the characters phased from human to wolf in 2.5 seconds. However, some of my friends were correct-the book was better than the movie. The film skipped over some scenes, cut short some of the ones that did appear, and completely altered the time sequence of some of the scenes in the movie as well. My guest and I (as were many others, I'm sure) left slightly disappointed and unsatisfied, something "like a human that lives only on Tofu...it's just not the same."



Official New Moon Movie Poster

It's the End of The World as we know it, and John Cusack Feels Fine.

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

Roland Emmerich, who is known for other disaster movies such as Independence Day and The Day After Tomorrow, is closely following the Mayan calendar with his latest movie, which predicts the end of the world on December 21st, 2012.

Jackson Curtis (John Cusack) is father of Noah (Liam James) and Lilly (Morgan Lily) Curtis, and ex-husband of Kate Curtis (Amanda Peet). In an attempt to spend more time with his children, Curtis arranges to take them for a weekend camping trip to Yellowstone National Park. He and his children are in search of a lake that Jackson used to swim in when he was younger, but instead stumble upon a military fence swarming with soldiers, and are briefed on the fact that the world is possibly going to end within a few days' time. The rest of the movie goes on to show his journey to save not only his life, but also his marriage to his former wife.

Over all, this movie was very entertaining. However, it seemed like a modern version of Noah's Arc. A scene in the movie even shows two of every kind of animal being airlifted to be saved in the arcs. These huge ships are designed to transport a large amount of people, but apparently there are not enough seats for everyone. Yet, by some convincing, the gates open for everyone to come aboard and have the chance at life after flooding and destruction of the world. It was a little bit cliché, but still very much enjoyable at the same time.

We Want You In Our Sheets

The Campus Herald is recruiting staff writers for the 2009-2010 school year. To join us, e-mail campusherald@jwu.edu.

twitter /campusherald
Follow us for breaking news updates.

INTERNATIONALLY SPEAKING

Sticking To Chopsticks

XIAO (GRACE) LI
CONTRIBUTING WRITER

Each country has its unique culture. As an international student, the first difference I can feel is the food culture between countries. In my view, there are three main points of differences of food and drink between China and the United States; the style and tools of eating, the method of cooking food, and the drink after the dinner has been finished.

The first difference of the food is the style of eating and tools used to eat. We all know that Chinese people use chopsticks, while American people use a fork and knife. As a Chinese person, I prefer to use chopsticks. Chopsticks have a long history, and the first pair of chopsticks came out in the Shang dynasty. They have 3000 years of history behind them. Although, I think the fork and knife also have a long history. In addition, Chinese people like to order or cook many dishes and share them, while American people order or prepare their food separately. No doubt about it, the eating style of American people is healthier. However, sharing food together reflects the custom of Chinese people emphasizing family ties. It is a part of Chinese custom and culture.

There is another difference when comparing both American and Chinese eating cultures. People in the United States like eating raw vegetables, but Chinese people prefer cooked vegetables. Of course, the raw vegetables are more nutritious. I even think the taste of cooked vegetables is better, but I have to admit that the raw vegetables can keep more natural vitamins and things that are good for our health. The first time I ate raw vegetable salad in America, I thought the taste was so strange. I still cannot eat raw ones, I just prefer the taste of cooked vegetables. In China, we often fry the vegetables and eat them, but this way reduces the nutrition of the vegetables.

There is yet another difference between the food cultures, which is the drink after dinner. Chinese people like to drink a cup of hot tea after dinner, but American people prefer coffee. Tea can reduce cholesterol, while coffee does not. There are experts that point out that drinking tea after half an hour after finishing dinner is healthier. One of my American friends told me that her family drinks coffee every day. In my family, we all like to drink tea better than coffee, especially my father. He likes tea very much. He has all sets of tea tools, and he often invites his tea friends to my home. My siblings and I were attracted to tea by our father, and we know many things about Chinese tea.

As I mentioned before, every country has its own culture. We cannot say which is better or which is worse. Although the tools are different, we are all used to our own tools. What is more, different kinds of cooking ways and eating customs do not affect the eating. We need to enjoy our food. Food culture is also a reflection of one country's culture and history; we can know a country better from its food.

A Nose in Need Deserves

Puffs Indeed, but Not an iPhone.

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

It was the day before Thanksgiving, and Café Weybosset was hosting a breakfast for the less fortunate. It was in passing to work that morning that a woman caught my eye. She looked like a person in need, dressed in raggedy sweat pants with an un-matching sweatshirt that was a few years past its expiration date. She carried a suitcase, and a saddened expression on her face. I was happy for her when I saw her in line, because I thought at that least she could have some holiday cheer from somewhere. I saw that woman again later that day on the RIPTA on my ride back home, but after hearing bits and pieces of her conversation, I wasn't as happy to see her this time around.

She recognized someone a few seats down from her, and the two women began talking. As the conversation progressed, the woman removed her jacket, and from the pockets, she pulled out a PSP with twenty-six different games, an iPhone, and "The best headphones. They cost me \$90," said the woman to her acquaintance. I don't mean to stereotype, but where would a person of such limited means be able to get the financials to afford such expensive pieces of technology?!? Her answer came soon after.

She currently lives in a half-way house, collects unemployment money, and works "under the table" for a fairly well off lawyer. She designed his website, did arpentry and electric work inside of his house, and even hooked up a few of his buddies with a website. She also stated that when her next unemployment check comes, she's going to go get herself a new apartment in a "pretty nice neighborhood." The last time I checked, unemployment checks are distributed to help people in need to buy important things like food and nutrition, not iPods and iPhones.

I couldn't believe what I was hearing. I'm having Rhode Island state taxes removed from my check so they can help this woman buy more games for her PSP? Absolutely unbelievable! I'm pretty sure my face showed the same expression. I could even feel my cheeks turning red from anger. I'm so happy that I'm working hard so that people can cheat the government and spend my hard earned money on imitation Ed Hardy clothing and iPhones.

Black Friday in Review

MEGAN SYLVIA
STAFF WRITER

For the first time, my family and I decided to go shopping on Black Friday this year. I had always heard that the deals were worth waiting in long lines and getting up in the early morning for, so we decided to give it a try. We woke up at 4:30 a.m., quickly threw on some clothes, and were out of the house by 4:45. By the time we reached Providence Place, it was 5:15. The mall had opened only 15 minutes earlier, but I had expected the parking garaged to be filled and the mall to be crowded by opening. To my surprise, we found a spot right away, right near the front. Once inside, we found that the mall was definitely not packed; there were hardly more people there than on a normal day. None of the stores were crowded, and in fact, many were only occupied by a few customers.

A lot of stores did not participate in offering Black Friday specials. Several stores did not open early at all, for that matter. I found that of the stores that did offer sales, many of them were disappointing, at best. Some of the stores that did offer "deals" were not much of deals at all; for example, at Forever 21, the clothes were not on sale, and the only Black Friday special they gave was a scratch card, from which I won useless water bottle. On the other hand, some stores that normally do not offer any discounts did participate this year. For example, Hollister and Abercrombie & Fitch, two stores that normally never have any special deals, offered \$25 gift cards for spending \$75 and \$100, respectively.

Department stores like Macy's and Nordstrom's may have had some discounts, but they were not much better than they of-

fer on a regular day. Some items may have been an extra 10% off and they may have given out 20% off coupons, I frequently receive 20% off coupons just for being a Macy's customer on a monthly basis.

The mall itself did participate in giveaways, however. If you were early enough, you were given a reusable red bag filled with a rubber spatula, a Dove chocolate bar, and recipe cards. Providence Place was also giving out a \$10 gift card for spending \$100. In order to redeem this gift card, one had to wait in what was, by far the longest line in the mall. After waiting in the line for about 20 minutes and moving only a few paces forward, we found out that customers could redeem only one \$10 gift card each, and that you must be 18 to redeem a card. We decided that the wait was not worth it, so we got out of line and went home.

Overall, Black Friday had its ups and downs. Nationally, there was a slight increase in shoppers this Black Friday compared to last year. However, the average amount spent went down 7.9% from \$372.57 to \$343.21 per person, according to the National Retail Federation. Although the amount of shoppers may have gone up, we didn't wait in a line more than three people long all day. In fact, aside from stores like Gamestop, I found many of the lines to be shorter than on an average day at the mall. The biggest downside of the Black Friday experience, however, was that the sales did not meet my expectations based on all the hype. In the future, I would go shopping on Black Friday again, for the experience and hopefully a few good deals. But next time, I will not be getting there so early.

The Campus Herald is recruiting incoming students to join our volunteer news staff as writers, editors and photographers.

To join, call our office at 401-598-2867 or e-mail campusherald@jwu.edu.

Display of Thanksgiving

JENNIFER ROLFSEMA
STAFF MEMBER

Did you ever notice how when the shelves of Halloween candy are gone, the retail stores move right into the December holidays? What happened to November? What about Thanksgiving? Traditionally, the turkey figurines and cornucopias don't occupy too much shelf space. Instead, food stores become the place to shop, at least before the retail stores offer all the 6 a.m. Friday specials. Menu planning and gallon jugs of apple cider and cinnamon sticks become the next items in the shopping cart. With the thought of harsh temperatures, stocking up on a variety of herbal teas and Swiss Miss always helps when having friends over or to take the chill out of the air.

Before the finals and long shopping lines get you down, don't forget to use this time of year to give a little "thanks" to your friends and loved ones, even to remember those who help us like mentors, teachers, employers and/or customers.

It can be as simple as a text or a handshake or even a handmade card in the mail. A display of gratitude and appreciation can go a long way, even without a festive occasion. Maybe the reason there aren't so many decorations sold in the stores for this holiday is that is more of a spoken and culinary holiday than outdoor display. Although, those large inflatable turkeys have made an appearance on occasion and pretty soon will be replaced by dancing inflatable snowmen.

twitter /campusherald
Follow us for breaking news updates.

Don't Call Me "Hun"

STEPHANIE LYMAN
SPORTS EDITOR

I'm a girl and yes, I do like sports. Just because I like sports does not mean there's something wrong with me. I'm an only child who grew up in a household with two sports loving parents. I even remember my mom quizzing me on football plays and referee calls when I was seven! Having said that, I've always had a problem with guys telling me that they know more about sports than I do, which may or may not be true depending on the person I'm talking to. The thing is, I'm not one of those girls that goes around shouting out every sports fact she knows to get people to like her. I keep my mouth shut until either my opinion is asked for or I overhear someone else's conversation and realize that they are wrong. I happen to be one of those people who can't resist correcting other people; it drives my family and friends crazy.

I give every sport a shot, I've even watched curling in the Winter Olympics and found that interesting. My three favorite sports are football, hockey, and gymnastics. I grew up watching football and gymnastics, while hockey is a new development. Growing up, Sunday was the designated day for sports. That meant spending afternoons and evenings with my parents watching things from figure skating to golf and the big one in my house, football. My mom is a die-hard Miami Dolphins fan and my Dad a Patriots fan, I always had to stay neutral (I now am a Patriots fan). I guess it's just something I've always liked, if you've only ever known sports than naturally you're going to take a liking to it. I tend to have a problem with guys who like to tell me I don't know what I'm talking about.

Let me get to the main point of my

article. I have a problem with those guys who think they know everything about sports and if I say anything or correct them it's always the same answer "Oh Hun, you don't know what you're talking about". Prime example of that being the random guy at Uno's who was talking about how the Oakland Raiders won the Superbowl in 2004. No dude, the Patriots won that Superbowl 32-29 against the Carolina Panthers. Resisting the urge to correct him because my roommate Jamie told me not to, because it would "embarrass her", I said under my breathe that he was incorrect and complained to her. I even told the manager that he didn't know what he was talking about on our way out of the restaurant. This is not my first go around though with a guy like that. Usually if I were to say something it always ends with someone calling me Hun and pretty much sending me "back to the kitchen".

Why does this bother me? Because it should. It bothers girls when you tell them that they don't know what they're talking about when sometimes they do. Now, I don't always know what I'm talking about with sports, but most of the time I do. It's not just me that gets annoyed by guys like this. My best friend Tracy was even annoyed last year at a Boston Bruins game when the guy sitting next to her proceeded to tell her "Don't worry the Lightning are the worst team in the league". Her response was "Yeah I know". I'm not saying that it bothers every girl, but for some of us it does. So guys, the next time you're out and you're mouthing off at how you know the Raiders won the Superbowl in 2004, make sure your facts are correct. Plus if you correct a girl nicely on sports, maybe you will hit it off with her.

HIV Awareness 365 *Continued from page 1...*

If someone tells you that he or she is HIV positive, treat that person with respect and do not disclose his or her HIV status without their consent.

Johnson & Wales University is committed to building an informed and healthy university community. Campus resources that offer support and information about health and wellness include the SCC and HealthEd@JWU. These offices can provide resources for any sexuality-related questions, including LGBTQ health, wellness, and support. In addition, multiple university departments have joined forces to create Go Red Week during the week of December 7th 2009. Go Red Week will offer programming related to HIV/AIDS awareness and prevention. For details about the week's events, please contact Colby Zongol from HealthEd@JWU at 401-598-2023. We hope to see you there!

CEO Series

(Creating Excellent Organizations)

Next Workshop:

Monday, December 14th
Pepsi Forum, 6:00 - 7:30 p.m.

"Using Technology To Help Your Organization"
presented by Jessica Long, Assistant Director
of Clubs, Organizations and Student Media

OSA
Office of Student Activities
Reserved Seats 11/10
Agenda 102
Index CS

Johnson & Wales Women's Basketball Knocks Off Mitchell, 75-59

DANIEL BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

New London, Conn. – The Johnson & Wales University women's basketball squad posted a 75-59 victory against Mitchell in a non-conference contest on the road on Saturday afternoon.

Junior Morgan Wilson (La Grangeville, N.Y.) led the Wildcats with a game-high 21 points and added 10 rebounds to record the double-double. Freshman Allyson Dowen (Burlington, Vt.) scored 17 points and dished off four assists while senior Alexia Ramirez (San Marcos, Calif.) also notched a double-double with 14 points and a game-high 15 rebounds for the Wildcats.

Sophomores Bianca Young (Bridgeport, Conn.) and Destiney Harris (Bristol, Conn.) each had double-doubles to lead Mitchell. Each finished with 16 points, with Harris adding 12 rebounds and Young grabbed 11 in the setback. Freshman Kaylee Cerruto (Torrington, Conn.) scored a career-high 15 points for the Mariners.

The two teams traded leads throughout the first half, which was highlighted by seven lead changes and eight ties. Neither team led by more than four points with Mitchell holding a 33-31 lead at halftime.

Johnson & Wales opened the second half with a 15-2 run, capped by a layup by Ramirez to take a 46-35 lead with 15:11 remaining. The Wildcats led by as many as 22 points late in the second half before cruising to the victory. Johnson & Wales shot 41.4% percent from the field, including connecting on eight three pointers, while holding Mitchell to just 24.3% from the field.

With the win JWU improves to 3-4 while Mitchell falls to 0-4 for the season. The Wildcats will return to action on Thursday, December 10th when they travel to UMass Dartmouth for a non-conference contest at 7:00 p.m.



**CASTING CALL
FOR EVE ENSLER'S
THE VAGINA
MONOLOGUES
FRIDAY, JAN. 15TH 2010
ANY TIME 9AM-3PM
IN THE PEPSI FORUM
CHECK IN AT THE GENDER
EQUITY CENTER**

twitter /campusherald